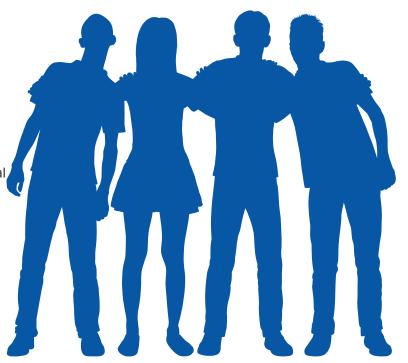
## – Preventing Youth Suicide – DO YOU KNOW WHAT TO DO?

## If I am a teen, I can...

- **Encourage my friends** that getting help for life's ups and downs is the ok thing to do.
- Ask my friends the Columbia Suicide Severity Rating Scale questions: http://cssrs.columbia.edu/wpcontent/uploads/Community-Card-Teens-2018c.pdf.
- Share stories about times getting help has worked.
- Talk to my doctor during my annual well-visit.
- Break the stigma by encouraging discussion of mental wellness.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255 when I am worried about myself or a friend.
- Host a National Alliance on Mental Illness (NAMI)
   Ending the Silence for Students presentation: https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence.
- Be an example of kindness and connection to those around me.



## Help and resources are available!

Organization	Contact Information
National Suicide Prevention Lifeline	1-800-273-8255   https://suicidepreventionlifeline.org/
Crisis Text Line	Text KANSAS to 741741   https://www.crisistextline.org/
Substance Abuse and Mental Health Services Administration (SAMHSA) Suicide Prevention Resources	https://www.samhsa.gov/find-help/suicide-prevention
Suicide Prevention Resource Center	https://www.sprc.org/
Kansas Suicide Prevention Resource Center	http://www.kansassuicideprevention.org/
National Alliance on Mental Illness - Kansas	https://namikansas.org/
Kansas School Safety Hotline	1-877-626-8203   https://www.ksde.org/Agency/Division-of- Learning-Services/Career-Standards-and-Assessment-Services/ Content-Area-M-Z/School-Counseling/School-Counseling- Resources/Anti-Bullying-Awareness
Kansas Department for Aging and Disability Services (KDADS)	State Suicide Prevention Coordinator 785-296-4528   https://kdads.ks.gov/commissions/behavioral-health *Contact for resource and capacity-building assistance; if you or someone you know is struggling with suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273-8255.
Kansas Attorney General	Kansas Youth Suicide Prevention Coordinator 785-368-8465   https://ag.ks.gov/public-safety/child-safety
Kansas Prevention Collaborative	http://www.kansaspreventioncollaborative.org/Default *Includes Kansas data for the 7 behavioral health indicators
Your local Community Mental Health Center (CMHC)	https://www.kdads.ks.gov/commissions/behavioral-health/consumers-and-families/services-and-programs/community-mental-health-centers











